



## Guide for Group Leaders

### What is Walk TX and More?

Walk TX and More is a free and fun physical activity program for those who want to become more physically active or want to stay motivated. Being a 10-Week Challenge group leader is fun and easy. During the 10 weeks, your group members keep track of their own daily/weekly physical activity, which converts to points based on the length and type of activity. At the end of the 10 weeks, medals are given to group members based on the points they have earned. Here are the points for different types of physical activity:

Activity Chart					
Points are for EVERY 30 MINUTES per activity.					
Activity	Points	Activity	Points	Activity	Points
Badminton	4	Hand Wash Car	4	Stationary Bike	4
Baseball/Softball	5	Hiking	6	Stretching	2
Basketball	7	House Cleaning	4	Swimming Laps	8
Bowling	3	Jogging/Running	7	Tennis	5
Boxing	7	Jump Roping	7	Volleyball	6
Canoeing	5	Kickball	5	Walking (Brisk)	5
Circuit Training	6	Martial Arts	7	Weight Lifting	6
Cycling	7	Pilates	5	Wheelchair Basketball	7
Dancing	6	Ping Pong	3	Yard Work	5
Disc Golf	4	Rowing	7	Yoga	5
Football (touch)	7	Skating	6	ZUMBA	6
Frisbee	3	Soccer	7	Other	5
Golf (walking course)	3	Stair Climbing	6		

**Who can participate?** Adults 18 years and older, who live or work in Travis County can participate.

**How much does it cost to participate?** It's FREE!

**What are the benefits of being a group leader?**

The benefit of being a group leader is you can chose when and where your group meets, and what type of activities your group does. It is a great way to get together with friends, coworkers, or family or neighbors to be active and motivate one another.

**What do I do as a group leader?**

#### 1. Recruit group members and have them sign up.

You need at least yourself and 1 other person to make it a group. Start with someone you know—neighbors, friends, people you know from work, or your faith community. It is important that each of your group members fill out the registration form before getting started. This can be done online [HERE](#). If you would rather have your group members fill out a paper copies and mail them in or drop off the forms, please contact the Walk TX and



More Coordinator at [walktexas@austintexas.gov](mailto:walktexas@austintexas.gov) or by calling (512) 972-5463. Please share these safety tips with your group members which can be found [here](#). If you would like more safety training, please contact the Coordinator.

## 2. Meet with your group.

We recommend you meet as a group at least once a week at the same time, day and location. If you need help finding a location, we can help you decide on a safe place for your group to meet. If your group can't meet together every week, plan at least two meetings in the beginning of your 10-Week Challenge to give your members the opportunity to find one to two buddies within your group to exercise with at a time convenient for them.

Go over the point chart with them, and let them know it's each member's responsibility to track their points on days they're active. Group leaders will check in with group participants each week to record total points. It is important to use the same log paper for the whole ten week challenge.

## 3. Motivate group members and give out prizes.

Believe it or not, just checking in with group members once a week to get their weekly point totals is a huge motivator. Another source of motivation is keeping a journal or log of daily activities. The buddy-system is another powerful motivator. Contact the Walk TX and More Coordinator by emailing [walktexas@austintexas.gov](mailto:walktexas@austintexas.gov) or calling (512) 972-5463 to let the Coordinator know the group is starting. The Coordinator will provide you with prizes to give out to your group during the challenge. These are items such as water bottles, sweat towels, etc. based on availability.

## 4. Keep track of group members' success and give out medals.

When you check in with each group member each week, ask them only for their total points for that week. It is each member's responsibility to track their points on days they're active, so they can give you their total points per week.

You can keep track of your group members' weekly success any way you wish. Some Group Leaders use spreadsheets or charts. You may use our Group Leader wall chart by clicking [HERE](#), or create a document that works for you. The choice is up to you. At the end of your Challenge, have each group member complete an Award Form by clicking [HERE](#). Then contact the Walk TX and More Coordinator by emailing [walktexas@austintexas.gov](mailto:walktexas@austintexas.gov) or calling (512) 972-5463 at the end of the 10 weeks, after all group members have done the online Award form. The Coordinator will provide you with all of the medals for each participant that finishes the challenge (gold, silver, or bronze), based on their total point totals earned.

Medal*	Point Range	Example of Frequency
Bronze	120-199 points	Walk 30 minutes, 3 times a week
Silver	200-319 points	Walk 30 minutes, 5 times a week
Gold	320 + points	Walk 60 minutes, 4 times a week or jog 30 minutes, 5 times a week

\*Medals are pendants that can be worn on clothing, hats, etc.